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291 (women never wear the low-cut type) complete the costume. These moccasins often have the upturned toe.

302 Young women, and many middle-aged women too, part the hair, draw it together at the back, wrap it up in a knot at the nape, tie it, and cover it with an hour-glass-shaped hide form. Older women tend to wear their hair hanging loosely; "but, if it is in their way, they fix it up too." As a woman advances in age, she devotes less attention to hair-grooming, though there is great individual variation in the time at which these changes take place. Though some rather young women have the hair loose, a really old woman is never seen wearing the hair form.

Face-painting of women follows the conventions noted for men. Women tattoo also. In addition to tattoo markings on the 304 arms, they place a dot on either cheek and often a figure, such as [531] a circle or a wavy or serrated line, on the forehead. One in- [178] formant insisted that the facial tattooing of the women is an innovation.

301 Women, like men, make lavish use of pendants and ornaments 789 of stone, shell, and other materials; and many of these objects, too, are really amulets.

291 Very young children, particularly when the weather is mild, are burdened with little or no clothing. They play around the 855 camps happy and unkempt. "It seems as though washing their [857] hands and washing themselves is foreign to them." When clothes [515] are made for them, the garments are modeled after those worn by adults. Sometimes a child's hair is gathered at the sides and 302 "tied in two bundles." But most often, until the girl assumes the 855 hair form and the boy the headband, the hair is left to hang 824 loosely. For protection from the sun, both young people and 751 adults wear wreaths of fresh willow.

342 The home in which the family lives is made by the women and is ordinarily a circular, dome-shaped brush dwelling, with the [462] floor at ground level. It is seven feet high at the center and ap- proximately eight feet in diameter. To build it, long fresh poles [824] of oak or willow are driven into the ground or placed in holes [412] made with a digging-stick. These poles, which form the frame- [283] work, are arranged at one-foot intervals and are bound together

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At the conclusion of the training period, some boys, to insure their competence in horsemanship, are brought to shamans who perform ceremonies for them originating in supernatural experiences with Bat; for the bat, because of its habit of clinging to objects, is associated with riding ability.

Sweat-bathing is utilized as an aid to fleetness: "Sometimes boys are put in a sweat lodge to make them good runners. They come out and run for about a mile; then they go in again if they wish. It makes them longwinded." In another account it is said that the young men emerge from the sweat lodge and run "while they are still warm." "If a man is training for running, he should keep away from women and should not drink or smoke." However, there is no taboo on the presence of women where youths are practicing running.

As the boy's training advances, the circle of those who are interested in his progress steadily enlarges.

I was a small boy, about nine years old, when I saw this. I remember it well. Many boys in my time saw what I'm going to tell you about. It was just before Geronimo's last war, about 1884 or 1885.

Old Man C. had an orphan boy. He was rearing and training that boy. He had taught him how to ride well. The boy was about fifteen or sixteen years old and was well trained as a warrior. He knew how to shoot an arrow, how to use a sling, how to shoot with guns. He was a good hunter; he could shoot deer. He was as good as the average man, though he was just a young boy.

One man had made tiswin [a weak beer made of maize]. C. went to a crowd of men who were drinking. He said, "I've got a boy. I am his uncle. The boy can ride any horse bareback without a rope on it."

"Well," one man said, "we all like to see things like that. We will bet you two big jars of tiswin. You get that boy; let him ride down that steep hill bareback."

In those days one jar of tiswin was worth a horse, and a horse was very hard to get. That much tiswin was worth a belt and cartridges, or a gun and belt. Guns were hard to get in those days too. So C. told the man, "Give your horse to him. Any side of the hill you want to have him ride is all right."

Nobody knew then that this boy was so well trained. C. had been out training him somewhere away from the rest of the people. The man took the bronco on the side of the hill, and the boy was called over there. The horse had a rope on but no saddle.

Just as soon as C. spoke, the boy would do what he said, whether it was dangerous or not. That boy rode the horse down the hill just like nothing! The horse pitched all around with him but could not shake him off. So C. got the tiswin, and he was drinking and got feeling good.

In those days the warriors never went without their guns. They always car-

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The visitors build temporary camps to the south, west, and north of the space reserved for the ceremonial tepee. A long lane to the east must be left unobstructed.

At the beginning of the ceremony, custody of the girl will pass into the hands of the attendant and the singer. But before this the girl is reminded by her parents of the seriousness of her role and is advised to be obedient and cheerful. However, these ideals are not always attained.

> Some of the girls are bashful. They have a time with them! They had a time with them in the old days too; I've heard stories about it. Some girls had to be whipped before they'd go through with it. Some of them got scolded before everyone. . . . . They talk to her, tell her to be good, but the girl gets mean sometimes.

The exact manner of deciding when the ceremony shall begin is subject to some variation. According to one account, the proper starting-point should fall four days after the onset of menstruation. Most informants agree that the rite may begin "when everything is ready." Some see a tendency for the group in charge to set the time for fall, "when food is plentiful," although theoretically the ceremony may occur any time of the year.

Before sunrise of the first day the girl washes her hair in yucca-root suds. Then she presents herself before the attendant, either at a special shelter erected for her care or at the home of the older woman.

> The attendant first puts pollen on the girl's head and face and across the bridge of her nose before anything starts the first morning. Then the woman prays over her that she may advance to good womanhood. From then on her womanhood begins. No man is allowed to go in there at this time.
>
> Then the woman arranges the girl's hair and dresses her, beginning with the right moccasin, then the left, and continuing up to the head. She ties two eagle feathers at the back of the girl's head. The girl always faces the sunrise while this is being done. The woman prays for the girl while she is dressing her, and some even sing if they have songs and the girl wants them sung. The men do not say much about this dressing. This is the woman's part, and men are not supposed to say much about it. When the girl is all dressed, it is all right for a man to see her. After the dressing you have to call the girl "White Painted Woman."
>
> The girl must not eat anything up to now. Then, the first day, when the girl

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The last run is made so that the girl will be strong, so that she will be a good runner and have a good heart [i.e., be brave]. Some used to run about a quarter of a mile to the east this last time. Because of this some girls became as good runners as men in the old days. If they have far to go, they do not have to run all the way. They can alternate between walking and running.

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[793]
[346]
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As the girl approaches the ceremonial structure for the last time, the attendant calls; the main poles are pushed to the east; and, as favors are tossed in the air and the children scramble for them, the girl makes her way to the encampment of her parents.

[346]

The temporary camps that have been established for the period of the rite begin to disappear. The poles of the ceremonial structure lie unmolested; they may not be used for firewood.

[271]
[413]

The girl's family stays on the grounds four days after the ceremony ends. During that time the girl can't wash and has to wear her costume. She must use the scratcher and reed for these four days too.

The girl has still another ritual duty to perform:

The little ceremony where the girl gives the horse takes place four days after the close of the big feast. A horse, any kind of a horse, is required. It always was so and has been handed down. She is still dressed in her costume. She walks the horse to the singer. That ends it. Her part is now over.

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On the morning of the ninth day "before the sun comes up, the woman who cares for the girl [attendant] prepares yucca root and warm water and washes the girl's hair and entire body."

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The prevailing tone of this ceremony is one of pleasure and promise. The physiological aspects of maturation are little emphasized. The behavior restrictions imposed upon the girl are not irksome, and their violation brings no really dire consequences. She is not isolated but achieves recognition as the central figure of a major social and ritual event during which she is likened to a supernatural being. Her formal introduction to adult status is accomplished in the midst of abundance, ritual safeguards, and festivity; therefore, she has little desire to return to the status which preceded the recognition accorded her.

Many heterogeneous elements combine to produce the girl's puberty rite. The singer, the attendant, the masked-dancer shaman, the dancers themselves, the musical accompanists for the social dance songs—all possess individual prerogatives which are not subject to call. The participation of these persons can

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513 828 and ran over a cliff in his sleep. Another fellow climbed up a tree. They called to him, "What are you doing up there?" Then he woke up.

75 Despite these instances of the nonceremonial care of ailments, a short account which contains a number of elements inspired by ritual practices indicates how arbitrary is any division of the religious and secular treatment of disease:

> You can burn charcoal on your arm or leg to kill pain.[1] You do this when you have a pain all the time. Take wood and burn it to charcoal. Then light a small piece of it again, one about the thickness of the lead in a lead pencil. Blow on it until it burns at one end and moisten the other end or the place on the arm where you are going to put it. Then stick it on. Let it burn out. Don't watch it as it burns. Some do it four times around the place where it hurts.

Here we have the fighting of like by like, the restriction against watching the flame, and the feeling that the procedure should be repeated four times; yet the sufferer does not have to possess a ceremony in order to give himself the treatment.

752 The method for curing ivy poisoning and red-ant stings obviously borrows from the psychology of ritual also:

> My people knew about poison ivy and how to recognize it. If I touch poison ivy, the blisters break out, because I am sensitive to it. But perhaps you are not. Then my father and mother will call you over, because, though you touch it, it does not bother you. You don't have to be a shaman or know anything special. You come and rub anything on—it might be dirt. You say, "Now this person is just like me. Leave him alone. Go away. I'm watching him." It's the same with the sting of the red ant or any stinging thing.

• 515 751 757 *Sweat-bathing.*—Another practice that stands midway between therapeutics and ritual is sweat-bathing. Many who have used the sweat bath consider it a means of keeping fit and are little concerned with its ritual extensions. "I used to do it just for a general tonic," explained one informant. Even when the sweat bath is thought of as a cure for deformities, it is to the heat and the massage that the benefits are usually attributed. Said one commentator: "The sweat bath was the custom since the beginning. Maybe it was supposed to be a ceremony, but since then it has been wearing off."

[147] [1] This method is similar to the tests of courage popular with young boys (cf. p. 69).

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The person who agrees to erect a sweat house is not a true shaman, nor are the rights which are now transmitted from individual to individual explained as a result of some past power experience. Thus, one informant was of the opinion that Child of the Water "gave the custom." And yet the right to build a sweat house is a special prerogative, claimed and controlled by relatively few men.

Not everybody can make a sweat bath. Just certain men can do it—men to whom the knowledge has been handed down. Such a man builds it or directs the building of it. All the while it is being built he sings and prays for it. He handles every movement in connection with it ceremonially, just as he was directed to do when the right was handed down to him. He is present when the sweat bath is used. He is the one who chants the prayer part of the song when the men are inside, though all who are in there join in the refrain. He is usually quite an old man. He sets the rules. You can't just come in and go out as you please. It might be in this man's "way" that you have to stay in there through a certain number of songs. Then you have to do it.

The sweat bath is used for good health, for long life, and to cure sickness. It is usually built near water, and when the songs are finished everybody rushes out and plunges into the water. Very old men who can't do that sit down on the bank and splash water on themselves.

An account of the erection and use of the structure may place the practice in perspective:

Sweat-bathing is for health and good fortune. Deformed people do it a great deal and are massaged when they come out. Usually a sick or deformed man pays one who knows how to put it on, but no special kind of payment is given. Others are invited. But often the man who knows how will just put it on for the benefit of the people. When the announcement is made, many men want to take the sweat bath. Everything else is laid aside. This is a special occasion. Women don't take sweat baths, nor boys before the racing [boy's training] age.

The sweat house could be made any time of year, but it is usually done in the summer. It is dome shaped like the regular house, only smaller. It is about four and a half feet high and about six feet in diameter. The framework is of oak, tied together at the top. The outside is covered with brush and with skins. No smoke hole is left at the top. The door faces the east. On the inside, close to the door and on one side of it, there is a pit for the hot rocks. The man in charge directs the making of this sweat house.

In the morning a person who is sick or deformed and who is going in there prays in his own way. He may say, "I am sick in this manner. I want to get well, and so I am doing this in the right way."

Often they begin about midmorning. Twelve is the most allowed in at one

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751 time. About four to six men usually go in at once. They wear just a loincloth.
757 Before they go in, pounded piñon needles or pounded juniper may be rubbed on
515 their bodies by the man in charge. All the men wear sage tied around their heads
291 while they are in there. And they take a drink in which four pieces of mesquite
824 bean have been put. Each man has to bring a stick to scratch with. He cannot
413 scratch his body with his fingers.

Four big rocks are heated outside and then brought to the pit inside with a forked stick. Water is brought. The men are sitting in a circle but leave an open space to the east. Then the water is sprinkled on the hot rocks. Anyone who is appointed can sprinkle water on. One man sits outside and operates the door cover so that the heat does not escape. The man in charge is always in there. He
463 prays in there and leads the singing. Special songs are sung, songs that mention
782 the sweat bath, the earth, and the sky. Usually four songs are sung over and
533 over. All who are inside sing.

The men try to stay in there about an hour. Then they come out and bathe.
481 Some young fellows run a race, too, while they are still warm from the sweat
826 bath, to enable them to become good runners and to make them long winded. That is their belief.

Sometimes the men go in four times during the day. But some can't stand it. K. went in once. The heat was so great that he didn't go in a second time. Sometimes they just go in once and it's over. They rub themselves well with their hands when they come out. Sweat-bathing like this keeps men in good physical condition. It isn't done right away again. They would wait at least fifteen days
888 before doing it again. There is no use for very old people to go into the sweat house. Their lives are spent.

278 *Herbalism.*—Plants are used in the majority of cases, whether the manner of combating the illness be ceremonial or purely secular. "There are all kinds of roots and weeds and herbs, something for everything; nothing was left out." Some plants are considered so "strong" and so "ceremonial" that only those who have supernatural sanction and directions for their use dare apply them. Other plants, usually administered in nonritual contexts, appear in ceremonies if the supernatural power so orders.

751 Incensing with the smoke of burning juniper and piñon boughs
824 is mentioned repeatedly:

My people take piñon and juniper, put the boughs together, and burn them. They do it inside the home and keep the members of the family there until they can't stand it any longer. This burning makes a lot of smoke, and they stay there until the tears come from their eyes. Then they won't catch a disease that is around. They do this if there is a great deal of disease around.